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ABSTRACT

The President's Challenge Physical Fitness Awards Program makes four awards: The Presidential Physical Fitness Award recognizes those students who score at or about the 85th percentile on all five tests; the National Physical Fitness Award for those in the 50th to 84th percentile; the Participant Award for those who fall below the 50th percentile on any one test item; and the Health Fitness Award recognizing students who maintain a healthy level of fitness. This packet contains: a letter from President Bill Clinton; a message from the President's Council on Physical Fitness; the test manual, including objectives, descriptions, and scoring for each activity, modifications for students with disabilities, and standards for each test; body mass index scale; fitness highlights; descriptions and order information for awards; state champion entry form; physical fitness and health fitness scorecards; information on physical fitness demonstration centers; a list of additional resources; and President's Challenge apparel descriptions and order information. A fact sheet and poster come with the packet. (ND)

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ED 413 318

THE PRESIDENT'S COUNCIL
ON PHYSICAL FITNESS
AND SPORTS
200 Independence Ave., SW, Room 738H
Washington, DC 20201

1997-98 The President's Challenge Physical Fitness Program Packet

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Featured in this packet are the following 1997-98 President's Challenge Materials:

- Letter from President Bill Clinton
- Message from the President's Council on Physical Fitness and Sports
- Test Manual (Includes options)
- Awards Listing and Order Form
- State Champion Entry Form (with **new** categories)
- Physical Fitness Scorecard
- Health Fitness Scorecard
- Physical Fitness Demonstration Center Program
- Additional Physical Activity and Fitness Resources
- Apparel Program
- New Awards Wall Chart
- New Online

Also new

SP 037 627

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THE PRESIDENT'S CHALLENGE PHYSICAL FITNESS AWARDS PROGRAM
Soccer
Basketball
Golf
Tennis
Dancing
Volleyball
Swimming
Hiking
Running
Softball
Partial Curl-U
Shuttle Run
Pull-Ups
GET UP! GET OUT!
MORE INFO
Students ages 6-17 are eligible for any one of the four awards. Now is the time for you to become a member of the President's Team. Ask your teacher about the President's Challenge program today. Or write: PCPFS, 200 Independence Ave., SW, Washington, DC 20201.
Or http://www.indiana.edu/~preschal

Click on to physical activity, fitness, fun and good health by displaying the President's Challenge poster presented in the familiar style of an Internet World Wide Web page. Explore the various assessment activities of the President's Challenge, achieve presidential recognition through participation in the President's Challenge, and gain a solid background for a physically active, fit and healthy lifestyle.

If you would like additional copies of the poster shown here, please utilize the enclosed order form on page 13.

E-mail Address
preschal@indiana.edu

Web Site Address
http://www.indiana.edu/~preschal

Printed on Recycled Paper.

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THE WHITE HOUSE

WASHINGTON

May 20, 1997

Warm greetings to the administrators, teachers, and parents participating in the President's Challenge Youth Physical Fitness Awards Program.

To prepare our children for the challenges of the twenty-first century, we must provide them with a well-rounded education that emphasizes both academic excellence and physical fitness. As parents and role models, you have a unique opportunity and responsibility to instill in our nation's children good fitness habits that will benefit them for a lifetime. Physical education helps young people realize the important part that physical fitness plays in their mental alertness and overall health and well-being.

The President's Challenge Physical Fitness Awards Program teaches students the principles of fitness while measuring their strength, flexibility, and endurance. The program encourages participants to do their best and motivates them to achieve a basic but challenging level of fitness. By promoting physical fitness through our schools, we demonstrate America's continued commitment to a well-rounded education that will lead our students into happy, healthy adulthood.

Hillary and I commend you for your efforts to inspire students to maintain a physically active lifestyle, and we extend best wishes for every success in this year's program.

Bill Clinton

THE PRESIDENT'S COUNCIL
ON PHYSICAL FITNESS
AND SPORTS

A Message From The President's Council on Physical Fitness and Sports:

Now is the time to start our nation's youth down the path to a healthier, happier lifestyle. By involving your students in the President's Challenge Physical Fitness Awards Program you will be giving them all-important first steps toward understanding the relationship between a healthy body and a healthy mind. This leads to the development of fitness habits that will stay with them for a lifetime.

To mold the program to individual abilities and special needs, the President's Challenge incorporates four levels of awards to insure that all participants have the chance to succeed. It is our goal that all students strive to reach their highest possible level of fitness. The President's Challenge accomplishes this goal by focusing on the participants' strength, flexibility and endurance. We hope that you will put the enclosed 1997-1998 President's Challenge packet to good use in motivating your students to achieve higher levels of health and fitness.

With last year's *Surgeon General's Report on Physical Activity and Health* and the recent release of a ground-breaking report on *Physical Activity and Sport in the Lives of Girls*, the importance of physical activity is in the spotlight more than ever. And you, as physical educators across America, have the opportunity to work at the grassroots to encourage physical activity and fitness in youth through participation in the President's Challenge program. We applaud your efforts to send your students out into the world with a basic knowledge of fitness which will help give them the stamina to succeed in all their future endeavors.

200 INDEPENDENCE AVENUE, S.W. • ROOM 738H • WASHINGTON, D.C. 20201
PHONE: 202-690-9000 FAX: 202-690-5211

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The President's Challenge

Program Overview

The landmark Surgeon General's Report on Physical Activity and Health, released in July 1996, is a call to action for all Americans to get moving. The success of The President's Challenge program depends on the enthusiasm, knowledge, and role modeling of physical educators and other youth leaders. This is a unique opportunity for young people, ages 6-17, to receive one of four awards as part of The President's Challenge:

The Presidential Physical Fitness Award (PPFA), recognizing an outstanding level of physical fitness.

The National Physical Fitness Award (NPFA), for achieving a basic, yet challenging level of physical fitness.

The Participant Physical Fitness Award, for students whose scores fall below the 50th percentile on one or more of the test items.

The Health Fitness Award (HFA), for students who reach a healthy level of fitness.

These four individual awards, along with the long-standing State Champion Award for schools that qualify the highest percentage of students for the PPFA, are awards of the President's Council on Physical Fitness and Sports (PCPFS) and bear the signature of the President of the United States.

The President's Challenge test battery (see page 4) is based primarily on data from the 1985 PCPFS National School Population Fitness Survey conducted for the PCPFS by the University of Michigan Institute for Social Research. Standards for some of the test item options are derived from other sources, including the Amateur Athletic Union Physical Fitness Program and the Canada Fitness Award Program, Health Canada, Government of Canada with permission.

The National Physical Fitness Award (NPFA), now in its eighth year, is designed to motivate all youngsters to achieve a basic but challenging level of fitness.

The Participant Award, now in its sixth year, was added to the awards program to help motivate youngsters to strive for a higher level of fitness. The Presidential, National, and Participant Awards are available to boys and girls with disabilities based on criteria outlined on page 6 of this booklet.

The Health Fitness Award, now in its second year, recognizes those students who maintain a healthy level of fitness.

The PCPFS recommends that the assessment battery be used as a part of a fitness education program. Additional tests of health and fitness, such as blood pressure, posture checks, and height/weight can be used to supplement the President's Challenge Physical Fitness Awards Program. Quality physical education programs utilize a variety of assessments and incorporate the results into meaningful and motivational lesson plans. These tests should be administered at the end of a fitness unit in which students learn the reason for the tests and are prepared to take the test items. Teachers may want to evaluate students at the beginning of the year to provide a baseline for them. **It is important that students be given preparation for taking the tests whenever they are given.** Before conducting the President's Challenge, or any youth fitness test, each child's medical status should be reviewed to identify medical, orthopedic or other health problems that should be considered prior to participation in physical activities, including testing.

Schools are encouraged to administer the tests to students at **every** grade level. If that is not possible, the PCPFS recommends that school systems decide on specific grade levels (e.g., grades 4, 7, and 10) at which **all** students in the system will be carefully tested.

Teachers and youth leaders are encouraged to try the option using health/fitness items and standards.

Youth Physical Fitness Awards Program

The Presidential Physical Fitness Award (PPFA)

The PPFA consists of an embroidered Presidential emblem and a certificate signed by the President of the United States. Boys and girls who score at or above the 85th percentile on all five items of The President's Challenge (curl-ups [Option: partial curl-ups], shuttle run, one mile run/walk [Option: ¼ mile—6-7 year old, ½ mile—8-9 year old], pull-ups [Option: right angle push-ups], V-sit reach [Option: sit and reach]) are eligible to receive the award. Emblems are numbered to correspond with the total number of times the award is earned. An emblem without a numeral also is available.

The National Physical Fitness Award (NPFA)

The NPFA recognizes a basic yet challenging level of physical fitness. Boys and girls scoring at or above the 50th percentile on all five items on The President's Challenge are eligible to receive this award. The award consists of an embroidered emblem, similar to the PPFA but without the number indicating how often the award is earned. A National certificate of achievement is offered as an alternative to the emblem. (NOTE: students who cannot do one pull-up must meet the standard set for the flexed-arm hang in order to earn the NPFA. At the 50th percentile level for pull-ups, the 1985 School Population Survey shows 0 scores for 6-year old boys and for girls all age levels. The one pull-up standard has been substituted for these zeros to encourage the development of arm and shoulder girdle strength and endurance in boys and girls.)

The Participant Physical Fitness Award

The Participant Award recognizes boys and girls who attempt all five test items on The President's Challenge but whose scores fall below the 50th percentile on one or more of them. Students are eligible to receive an embroidered Participant emblem or Participant certificate. The Participant Award emblem is white with gold trim and slightly smaller than the National Award emblem.

The State Champion Award

The State Champion Award recognizes the top schools in each state, one in each of three enrollment categories Cat. I, 50-200; Cat. II, 201-500; Cat. III, 501 +; that qualify the highest percentage of students for the Presidential Physical Fitness Award with a handsome Presidential certificate. Each student in the winning schools who qualified for the PPFA also receives a State Champion emblem and certificate. Interested schools must complete the entry form on page 15. There is no cost for involvement in the State Champion Award program.

To place orders:
The President's Challenge
Poplars Research Center, 400 East 7th Street
Bloomington, IN 47405
or call toll-free at 1-800-258-8146
(Please allow 18 days from receipt of order at our program office for delivery)
(See page 12 on "How to Order")

For research information please write the PCPFS at their new address:
PCPFS, 200 Independence Avenue, S.W., Room 738H, Washington, DC 20201
General PCPFS line: 202-690-9000 Fax: 202-690-5211
For program information and inquiries:
E-mail Address: preschal@indiana.edu
Web Site Address: http://www.indiana.edu/~preschal

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Instructions for the President's Challenge Test Items

For use when qualifying students for the Presidential, National and Participant Awards

Directions:
Before performing the following tests, all students should be taught the correct techniques for all tests, including proper pacing and running style. There is no limit to the number of tries students may have on each test item. Physical fitness testing is most effective when it is part of a comprehensive physical education program that supports testing with educational and motivational information. Please use the age of the student at the start of testing when determining award levels.

1. Curl-ups

Objective: To measure abdominal strength/endurance by maximum number of curl-ups performed in one minute.

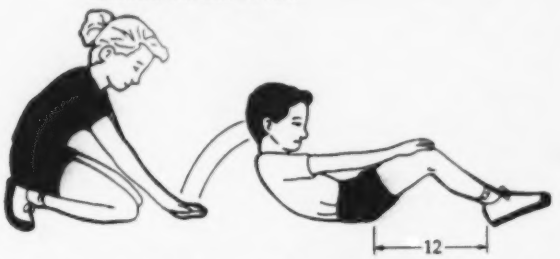
Testing: Have student lie on cushioned, clean surface with knees flexed and feet about 12 inches from buttocks. Partner holds feet. Arms are crossed with hands placed on opposite shoulders and elbows held close to chest. Keeping this arm position, student raises the trunk curling up to touch elbows to thighs and then lowers the back to the floor so that the scapulas (shoulder blades) touch the floor, for one curl-up. To start, a timer calls out the signal "Ready? Go!" and begins timing student for one minute. The student stops on the word "stop."

Scoring: "Bouncing" off the floor is not permitted. The curl-up should be counted only if performed correctly. See page 7 for qualifying standards.

Partial Curl-ups (Option to Curl-ups)

Objective: To measure abdominal strength/endurance by maximum number of curl-ups.

Testing: Have student lie on cushioned, clean surface with knees flexed and feet about 12 inches from buttocks. The feet are **not** held or anchored. Arms are extended forward with fingers resting on the legs and pointing toward the knees. The student's partner is behind the head with hands cupped under the student's head. The student being tested curls up slowly sliding the fingers up the legs until the fingertips touch the knees, then back down until the head touches the partner's hands. The curl-ups are done to a metronome (or audio tape, clapping, drums) with one complete curl-up every three seconds, and are continued until the student can do no more in rhythm (has not done the last three in rhythm) or has reached the target number for the PPFA.



Scoring: Record only those curl-ups done with proper form and in rhythm. See page 7 for qualifying standards.

Rationale: The new partial (abdominal) curl-ups, done slowly with knees bent and feet not held, replace the timed curl-ups because they are a better indicator of the strength and endurance of the abdominal muscles.

2. Shuttle Run

Objective: To perform shuttle run as fast as possible.

Testing: Mark two parallel lines 30 feet apart and place two blocks of wood or similar object (approximate size of 2"x2"x4") behind one of the lines. Students start behind opposite line. On the signal "Ready? Go!" the student runs to the blocks, picks one up, runs back to the starting line, places block behind the line, runs back and picks up the second block and runs back across starting line.

Scoring: Blocks should not be thrown across the lines. Scores are recorded to the nearest tenth of a second. See page 7 for qualifying standards.

3. One Mile Run/Walk

Objective: To measure heart/lung endurance by fastest time to cover a one-mile distance.

Testing: On a safe, one-mile distance, students begin running on the count "Ready? Go!" Walking may be interspersed with running. However, the students should be encouraged to cover the distance in as short a time as possible.

Scoring: Before administering this test, students' health status should be reviewed. Also, students should be given ample instruction on how to pace themselves and should be allowed to practice running this distance against time. Sufficient time should be allowed for warming up and cooling down before and after the test. Times are recorded in minutes and seconds.

Option for 6-7 years old . . . 1/4 mile

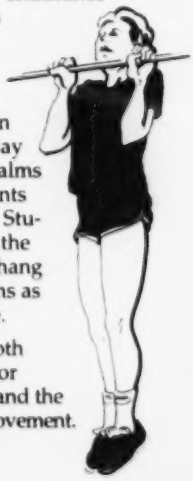
Option for 8-9 years old . . . 1/2 mile

Alternative distances for younger children are 1/4 mile for 6-7 years old, and 1/2 mile for 8-9 years old. The same objective and testing procedures are used as with the mile run. See page 7 for qualifying standards.

Rationale: Shorter distance runs are included as options for younger children. Younger children can be prepared to run the mile run; however some teachers find it easier to administer a shorter run which does provide good information on cardiorespiratory endurance of young children.

4. Pull-ups

Objective: To measure upper body strength/endurance by maximum number of pull-ups completed.



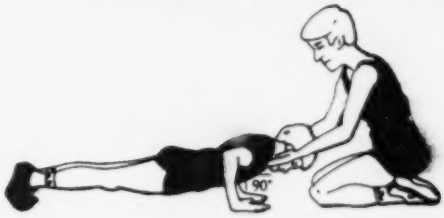
Testing: Student hangs from a horizontal bar with arms fully extended and feet free from floor, using either an overhand grasp (palms facing away from body) or underhand grip (palms facing toward body). Small students may be lifted to starting position. Student raises body until chin clears the bar and then lowers body to full-hang starting position. Student performs as many correct pull-ups as possible.

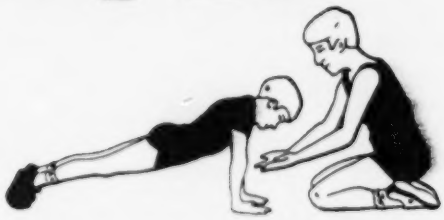
Scoring: Pull-ups should be done in a smooth rather than jerky motion. Kicking or bending the legs is not permitted and the body must not swing during the movement. See page 7 for qualifying standards.

Right Angle Push-ups (Option to Pull-ups)

Objective: To measure upper body strength/endurance by maximum number of push-ups completed.

Testing: The student lies face down on the mat in push-up position with hands under shoulders, fingers straight, and legs straight, parallel, and slightly apart, with the toes supporting the feet. The student straightens the arms, keeping the back and knees straight, then lowers the body until there is a *90-degree angle at the elbows*, with the upper arms parallel to the floor. A partner holds her/his hand at the point of the 90-degree angle so that the student being tested goes down only until her/his shoulder touches the partner's hand,





then back up. The push-ups are done to a metronome (or audio tape, clapping, drums) with one complete push-up every three seconds, and are continued until the student can do no more in rhythm (has not done the last three in rhythm) or has reached the target number for the PPFA.

Scoring: Record only those push-ups done with proper form and in rhythm. See page 7 for qualifying standards.

Rationale: The right angle push-ups are recommended for upper body strength/endurance testing because the student's body weight has less effect than it does on pull-ups. Right angle push-ups provide a better indicator of the range of strength/endurance found in children and youth, whereas many are unable to do any pull-ups. Pull-ups remain an option for those students at higher levels of strength/endurance.

Flexed-Arm Hang

Alternative to pull-ups or right angle push-ups for National and Participant Physical Fitness Awards.

Students who cannot do one pull-up may do the flexed-arm hang in order to qualify for the National or Participant Physi-

(continued on next page)

cal Fitness Awards. To qualify for the Presidential Award, students are required to do pull-ups or right angle push-ups.

Objective: To maintain flexed-arm hang position as long as possible.

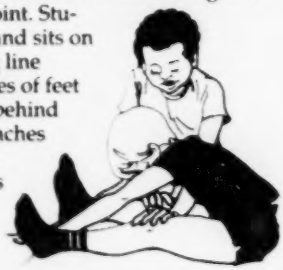
Testing: Using same hand position as in pull-ups, student assumes flexed-arm hang position with chin clearing the bar. Students may be lifted to this position. Student holds this position as long as possible.

Scoring: Chest should be held close to bar with legs hanging straight. Timing is stopped when student's chin touches or falls below the bar. See page 7 for qualifying standards.

5. V-Sit Reach

Objective: To measure flexibility of lower back and hamstrings by reaching forward in the V position.

Testing: A straight line two feet long is marked on the floor as the baseline. A measuring line is drawn perpendicular to the midpoint of the baseline extending two feet on each side and marked off in half-inches. The point where the baseline and measuring line intersect is the "0" point. Student removes shoes and sits on floor with measuring line between legs and soles of feet placed immediately behind baseline, heels 8-12 inches apart. Student clasps thumbs so that hands are together, palms down and places them on measuring line. With the legs held flat by a partner, student slowly reaches forward as far as possible, keeping fingers on baseline and feet flexed. After three practice tries, the student holds the fourth reach for three seconds while that distance is recorded.



Scoring: Legs must remain straight with soles of feet held perpendicular to the floor (feet flexed). Students should be encouraged to reach slowly rather than "bounce" while stretching. Scores, recorded to the nearest half-inch, are read as plus scores for reaches beyond baseline, minus scores for reaches behind baseline. See page 7 for qualifying standards.

Sit and Reach (Option to V-Sit Reach)

Objective: Farthest distance reached.

Testing: A specially constructed box with a measuring scale marked in centimeters, with 23 centimeters at the level of the feet. (Details for construction are available upon request.) Student removes shoes and sits on floor with knees fully extended, feet shoulder-width apart and soles of the feet held flat against the end of the box. With hands on top of each other, palms down, and legs held flat, student reaches along the measuring line as far as possible. After three practice reaches, the fourth reach is held while the distance is recorded.

Scoring: Legs must remain straight, soles of feet against box and fingertips of both hands should reach evenly along measuring line. Scores are recorded to the nearest centimeter. See page 7 for qualifying standards.

Accommodating Students with Disabilities

Students with disabilities have the right to an individualized physical fitness program. Thus, the PCPFS includes suggested guidelines for accommodating these students in its President's Challenge Physical Fitness Awards Program. These students can be motivated to develop lifetime habits of appropriate physical activity through recognition of achievement in physical fitness. The suggestions for accommodation listed below have been prepared to permit boys and girls with disabilities, ages 6-17, not only to be acknowledged for their achievement, but to qualify for the Presidential, National, the Participant Physical Fitness, or the Health Fitness Awards in the President's Challenge Physical Fitness Awards Program.

Teachers, or fitness leaders, may decide that other students, without identified disabilities, also need accommodations in one or more of the test categories or awards. Making accommodations is consistent with the goal of providing motivation for life-long physical activity through physical fitness achievement.

Qualified instructors who verify they have followed the criteria presented, may qualify students who do not reach PCPFS standards on one or more of the test items in the awards program. For questions or information concerning these guidelines, please call our Toll Free Number: 1-800-258-8146.

These Modifications Apply to All Awards

Guidelines for Qualifying Students with Disabilities for the Presidential, National, Participant Physical Fitness, or the Health Fitness Award

1. The instructor has reviewed the individual's records to identify medical, orthopedic, or other health problems which should be considered prior to participation in physical activities including physical fitness testing.
2. The individual has a disability or other problem that adversely affects performance on one or more test items.
3. The individual has been participating in an appropriate physical fitness program that develops and maintains cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.
4. The instructor has administered all five test items making needed modifications or substituting alternative test items for the individual.
5. The instructor judges that the individual has been tested on all five test items and/or in each of the five fitness categories and has performed at a level equivalent to a Presidential, National, Participant Physical Fitness, or the Health Fitness Award.

Qualifying Standards

The Presidential Physical Fitness Award

	AGE	CURL-UPS (# one minute)	PARTIAL* CURL-UPS (#)	SHUTTLE RUN (seconds)	V-SIT REACH (inches)	SIT AND REACH (centimeters)	ONE-MILE RUN (min:sec)	DISTANCE OPTION** (min:sec) 1/4 mile	DISTANCE OPTION** (min:sec) 1/2 mile	PULL-UPS (#)	RT. ANGLE* PUSH-UPS (#)
BOYS	6	33	22	12.1	+3.5	31	10:15	1:55		2	9
	7	36	24	11.5	+3.5	30	9:22	1:48		4	14
	8	40	30	11.1	+3.0	31	8:48		3:30	5	17
	9	41	37	10.9	+3.0	31	8:31		3:30	5	18
	10	45	35	10.3	+4.0	30	7:57			6	22
	11	47	43	10.0	+4.0	31	7:32			6	27
	12	50	64	9.8	+4.0	31	7:11			7	31
	13	53	59	9.5	+3.5	33	6:50			7	39
	14	56	62	9.1	+4.5	36	6:26			10	40
	15	57	75	9.0	+5.0	37	6:20			11	42
	16	56	73	8.7	+6.0	38	6:08			11	44
	17	55	66	8.7	+7.0	41	6:06			13	53
GIRLS	6	32	22	12.4	+5.5	32	11:20	2:00		2	9
	7	34	24	12.1	+5.0	32	10:36	1:55		2	14
	8	38	30	11.8	+4.5	33	10:02		3:58	2	17
	9	39	37	11.1	+5.5	33	9:30		3:53	2	18
	10	40	33	10.8	+6.0	33	9:19			3	20
	11	42	43	10.5	+6.5	34	9:02			3	19
	12	45	50	10.4	+7.0	36	8:23			2	20
	13	46	59	10.2	+7.0	38	8:13			2	21
	14	47	48	10.1	+8.0	40	7:59			2	20
	15	48	38	10.0	+8.0	43	8:08			2	20
	16	45	49	10.1	+9.0	42	8:23			1	24
	17	44	58	10.0	+8.0	42	8:15			1	25

The National Physical Fitness Award

	AGE	CURL-UPS (# one minute)	PARTIAL* CURL-UPS (#)	SHUTTLE RUN (seconds)	V-SIT REACH (inches)	SIT AND REACH (centimeters)	ONE-MILE RUN (min:sec)	DISTANCE OPTION** (min:sec) 1/4 mile	DISTANCE OPTION** (min:sec) 1/2 mile	PULL-UPS (#)	RT. ANGLE* PUSH-UPS (#)	FLEXED-ARM HANG (sec)
BOYS	6	22	10	13.3	+1.0	26	12:36	2:21		1	7	6
	7	28	13	12.8	+1.0	25	11:40	2:10		1	8	8
	8	31	17	12.2	+0.5	25	11:05		4:22	1	9	10
	9	32	20	11.9	+1.0	25	10:30		4:14	2	12	10
	10	35	24	11.5	+1.0	25	9:48			2	14	12
	11	37	26	11.1	+1.0	25	9:20			2	15	11
	12	40	32	10.6	+1.0	26	8:40			2	18	12
	13	42	39	10.2	+0.5	26	8:06			3	24	14
	14	45	40	9.9	+1.0	28	7:44			5	24	20
	15	45	45	9.7	+2.0	30	7:30			6	30	30
	16	45	37	9.4	+3.0	30	7:10			7	30	28
	17	44	42	9.4	+3.0	34	7:04			8	37	30
GIRLS	6	23	10	13.8	+2.5	27	13:12	2:26		1	6	5
	7	25	13	13.2	+2.0	27	12:56	2:21		1	8	6
	8	29	17	12.9	+2.0	28	12:30		4:56	1	9	8
	9	30	20	12.5	+2.0	28	11:52		4:50	1	12	8
	10	30	24	12.1	+3.0	28	11:22			1	13	8
	11	32	27	11.5	+3.0	29	11:17			1	11	7
	12	35	30	11.3	+3.5	30	11:05			1	10	7
	13	37	40	11.1	+3.5	31	10:23			1	11	8
	14	37	30	11.2	+4.5	33	10:06			1	10	9
	15	36	26	11.0	+5.0	36	9:58			1	15	7
	16	35	26	10.9	+5.5	34	10:31			1	12	7
	17	34	40	11.0	+4.5	35	10:22			1	16	7

The Participant Physical Fitness Award

Boys and girls who attempt all five items, but whose scores fall below the 50th percentile on one or more of them are eligible to receive the Participant Award.

*Norms from Canada Fitness Award Program, Health Canada, Government of Canada with permission.
**1/4 and 1/2 mile norms from Amateur Athletic Union Physical Fitness Program with permission.

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Health Fitness Award (HFA)

For the second year in a row the President's Challenge is providing interested teachers and youth leaders with a health criterion-referenced award as an alternative to the traditional Physical Fitness Awards. This Health Fitness Award (HFA) can be earned by youngsters whose test scores meet or exceed the specified health criteria on each of the five items comprising the President's Challenge Health Fitness Test listed below. Award standards are based upon health-related criteria adapted from several sources as indicated in the table below.

While teachers may choose to administer both the President's Challenge Physical Fitness Test **and** the President's Challenge Health Fitness Test to their students, it is not intended that students should receive awards from both tests. Although if a teacher so chooses, both awards can be ordered.

Health Fitness Test Items:

For use when qualifying students for the Health Fitness Award.

Use criterion referenced standards listed on this page.

1. Partial Curl-ups
   See page 4
2. One Mile Run/Walk with distance option
   See page 5
3. V-Sit Reach or Sit and Reach option
   See page 6
4. Right Angle Push-ups or Pull-ups option
   See page 5
5. Body Mass Index (BMI)

   Objective: To estimate body composition

   Testing: Determine total body weight (kilograms) and height (meters). Use Table to convert to BMI (page 9), or use formula:

   $Wt\ (kg)/Ht\ (m)^2$

   Wt [2.2 lbs = 1 kg] Ht [1 inch = 0.0254 m]

   Example: A 16 year old boy weighing 154 pounds (70 kg), and 68 inches tall (1.727 meters) has a BMI of:

   $$\frac{70\ kg}{(1.727m)^2} = \frac{70}{2.98} = 23.5\ kg/m^2$$

   Based on the BMI range for a 16 year old boy listed in the table below; a BMI index of 23.5 puts this boy in the desirable range. Use BMI chart (next page) for quick calculation.

   Rationale: Body composition is an important component of physical fitness. Body mass index is one method to estimate this fitness component.

The Health Fitness Award

	AGE	PARTIAL CURL-UPS (#)	ONE-MILE RUN (min:sec)	DISTANCE OPTION (min:sec) 1/4 mile	(min:sec) 1/2 mile	V-SIT REACH (inches)	SIT AND REACH (centimeters)	RT. ANGLE PUSH-UPS (#)	PULL-UPS (#)	BMI (range)
BOYS	6	12	13:00	2:30		1	21	3	1	13.3-19.5
	7	12	12:00	2:20		1	21	4	1	13.3-19.5
	8	15	11:00		4:45	1	21	5	1	13.4-20.5
	9	15	10:00		4:35	1	21	6	1	13.7-21.4
	10	20	9:30			1	21	7	1	14.0-22.5
	11	20	9:00			1	21	8	2	14.0-23.7
	12	20	9:00			1	21	9	2	14.8-24.1
	13	25	8:00			1	21	10	2	15.4-24.7
	14	25	8:00			1	21	12	3	16.1-25.4
	15	30	7:30			1	21	14	4	16.6-26.4
	16	30	7:30			1	21	16	5	17.2-26.8
	17	30	7:30			1	21	18	6	17.7-27.5
GIRLS	6	12	13:00	2:50		2	23	3	1	13.1-19.6
	7	12	12:00	2:40		2	23	4	1	13.1-19.6
	8	15	11:00		5:35	2	23	5	1	13.2-20.7
	9	15	10:00		5:25	2	23	6	1	13.5-21.4
	10	20	10:00			2	23	7	1	13.8-22.5
	11	20	10:00			2	23	7	1	14.1-23.2
	12	20	10:30			2	23	8	1	14.7-24.2
	13	25	10:30			3	25	7	1	15.5-25.3
	14	25	10:30			3	25	7	1	16.2-25.3
	15	30	10:00			3	25	7	1	16.6-26.5
	16	30	10:00			3	25	7	1	16.8-26.5
	17	30	10:00			3	25	7	1	17.1-26.9

Criterion standards listed above adapted from Amateur Athletic Union Physical Fitness Program; AAHPERD Physical Best; Cooper Institute for Aerobic Research, Fitnessgram; Corbin, C. & Lindsey, R., *Fitness for Life*, 4th edition; and YMCA Youth Fitness Test.

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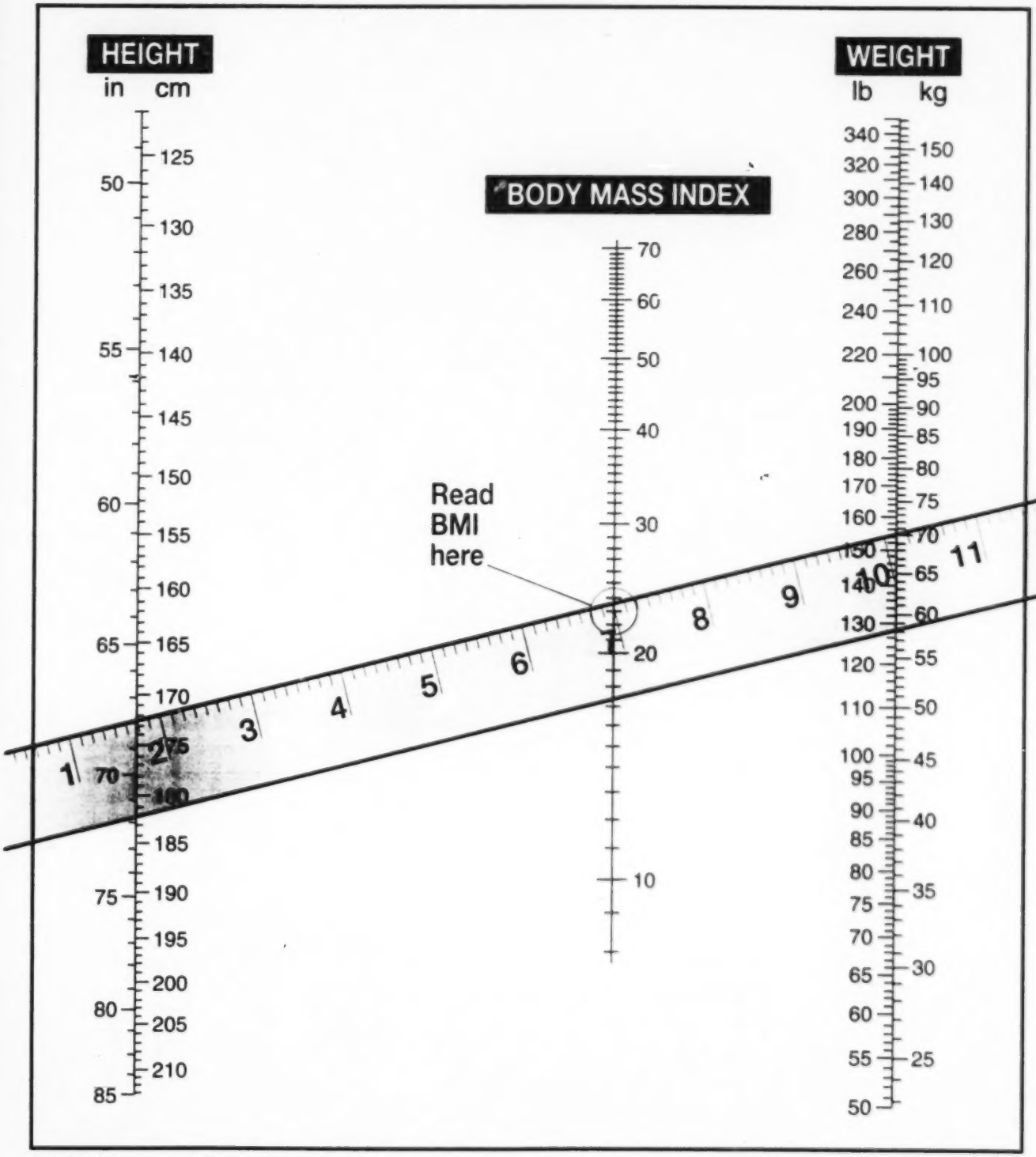
Body Mass Index

Directions: Use a ruler to connect the height column to the weight column and read the BMI number in the middle.



Example: Use same example as shown on page 8.

Modified with permission from David C. Nieman, *Fitness and Sports Medicine: A Health-Related Approach*, (3rd edition), Bull Publishing Co., Palo Alto, CA, 1995.

12

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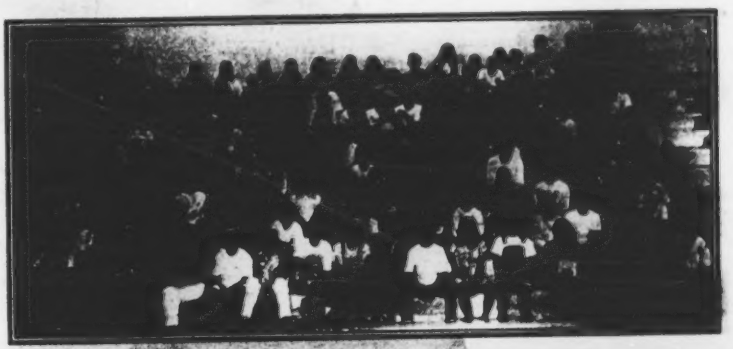
Fitness Highlights—Send Us Your Winners!

Governor's Ranch Elementary
Five Consecutive Years
Colorado Category III State Champions
Physical Education Instructor
Jan Lening

Emmanuel Lutheran Day School
1995-96 Maryland Category II State Champions
Physical Education Instructor
Mrs. Audrey Hiebler

Nativity B.V.M. Elementary
Five Consecutive Years
Mississippi Category II State Champions
Physical Education Instructor Loretta W. Bond

Heritage Middle School
Two Consecutive Years
Arizona Category III State Champions
Physical Education Instructor
Sue Clark



Plymouth Center

Hanlontown Center

North Central Elementary
Four Consecutive Years
Iowa Category II State Champions
Physical Education Instructor Sandy Thede

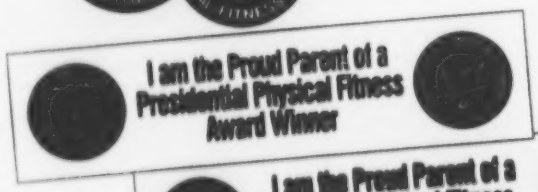
New Horizons Montessori School
Four Consecutive Years
Pennsylvania Category I State Champions
Fitness Coach Susan Johnson

For a complete list of winners and more photos please visit
the President's Challenge web site at http://www.indiana.edu/~preschal

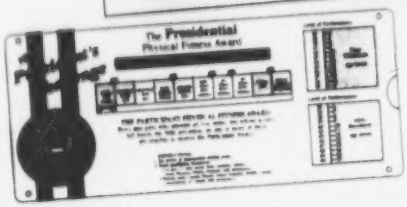
Items Offered With the 1997-98 President's Challenge Program

- Refrigerator Magnet for Presidential and National Award Winners (no numeral only).
- Bumper Stickers for a proud parent of Presidential and National Award Winners.
- Physical Fitness Slide Chart for determining awards criteria for boys and girls of each age.
- Physical Fitness Scorecard and Health Fitness Scorecard for multiple test record keeping. FREE on pages 17 and 18. Just photocopy one for each student.
- The President's Challenge Physical Fitness Program Detailed Die-Cut Pins and Magnets.
- Presidential Physical Fitness Award—Emblem (1-12 or no numeral) and Certificate.
- National Physical Fitness Award—Emblem (no numeral only) and Certificate.
- Participant Physical Fitness Award—Emblem (no numeral only) and Certificate.
- Health Fitness Award—Emblem (no numeral only) and Certificate.
- The President's Challenge Instructor's Emblem: For those who administer The President's Challenge Program.
- Presidential Physical Fitness Award Decals: six decals per set!
- The New Awards Wall Chart
- The *Get Fit!* Handbook for kids, ages 6-17

Refrigerator Magnets
(Actual Size: 3" in diameter)


I am the Proud Parent of a Presidential Physical Fitness Award Winner
I am the Proud Parent of a National Physical Fitness Award Winner

Bumper Stickers
(Actual Size: 3" x 12")



Slide Chart
(Actual Size: 4" x 9")

Program Pins and Magnets
(Actual Size: About 1¾" diameter)

Presidential Physical Fitness Award Emblem
(Actual Size: About 3" diameter)

National Physical Fitness Award Emblem
(Actual Size: About 3" diameter)

Participant Physical Fitness Award Emblem
(Actual Size: About 2½" diameter)

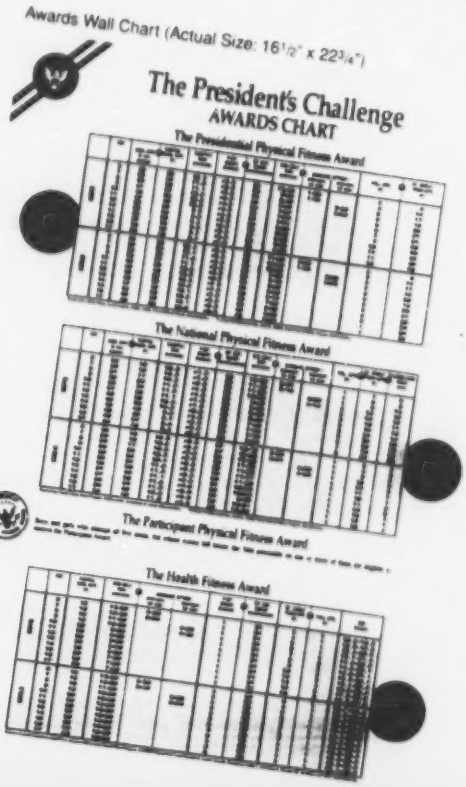
Health Fitness Award Emblem
(Actual Size: About 3" diameter)

Instructor's Emblem
(Actual Size: About 3¾" diameter)

Presidential Award Decals
(Actual Size: About 3" diameter)

Get Fit! Handbook
(Actual Size: 5½" x 8½")

Awards Wall Chart (Actual Size: 16½" x 22¾")


The President's Challenge
AWARDS CHART
The Presidential Physical Fitness Award
The National Physical Fitness Award
The Participant Physical Fitness Award
The Health Fitness Award

All items listed on this page can be ordered on page 13 of this booklet.

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How to Order

Four Easy Ways To Order!

Order by Mail:

- Orders accepted YEAR ROUND!
  The President's Challenge, Poplars Research Center, 400 E. 7th Street, Bloomington, IN 47405
- Orders must be accompanied by payment or an official purchase order.
- Please do not send cash or postage stamps.
- Delivery Time: 18 days from receipt of order at our program office (please allow 5-7 days for U.S. mail delivery of your order to our program office!!)
  For Example: If we receive your order at our program office on April 1st, you will receive your order on or before April 19th.
- Orders within the 48 contiguous states sent UPS Ground ONLY. (Hawaii and Alaska sent 2-Day Air Only.

Order by Phone (1-800-258-8146):

- Orders accepted YEAR ROUND!
- To place orders OR if you have questions or inquiries.
- Business Hours: 8 AM to 5 PM Monday through Friday.
- Institutional purchase order or charge (MasterCard or Visa) requested for phone orders.
- Delivery Time: 18 days from receipt of order.
- Orders within the 48 contiguous states sent UPS Ground ONLY. (Hawaii and Alaska sent 2-Day Air Only.
- If you order by phone please **do not** send a confirming order as a duplication may result.

Order by Fax (1-812-855-8999):

- Orders accepted YEAR ROUND by FAX. Orders must be completely filled out and a phone number included where you may be contacted.
- Institutional purchase order or charge (MasterCard or Visa) requested for all FAX orders.
- Delivery Time: 18 days from receipt of order.
- Orders within the 48 contiguous states sent UPS Ground ONLY. (Hawaii and Alaska sent 2-Day Air Only.
- If you order by fax please **do not** send a confirming order as a duplication may result.

Order Online (http://www.indiana.edu/~preschal):

- Orders accepted YEAR ROUND via the Internet/24 hours a day.
- Delivery Time: 18 days from receipt of order.
- Orders within the 48 contiguous states sent UPS Ground ONLY. (Hawaii and Alaska sent 2-Day Air Only.
- If you order online please **do not** send a confirming order as a duplication may result.

Rush Orders: *Extra Charge*

- Delivery Time: Four business days from receipt of order at our program office.
  For Example: If we receive your order at our program office on a Monday, you will receive your order on or before Friday.
- Rush orders sent UPS Only.
- Cost: To place a RUSH order, just add in 25% of the subtotal or $25.00 **(whichever is greater)** on the appropriate line of the order form.

  Please order early!

Policies

- International Orders Policy: All international orders shipped U.S. Postal Service.
- Incomplete Order Policy: Upon receipt of your order, please verify contents for accuracy. If your order is incomplete please contact the program office immediately.
- Refund Policy: Sorry, no refunds or exchanges for awards materials. Exception—Certificates will be exchanged in the event of a change in administration at no cost.

FOR OFFICE USE ONLY

Rec. ___/___/___ Pd. _____ . ___ Ck # _____ Rush ☐ Customer # _____ INT _____

Ship to:

Name (Required) _____

School/Organization _____

Address _____
(Sorry, no P.O. boxes)

City _____ State _____ Zip Code _____

Phone Number (_____) _____

Bill to:

Name (Required) _____

School/Organization _____

Address _____

City _____ State _____ Zip Code _____

Mailing address for orders and inquiries:

The President's Challenge
Poplars Research Center
400 E. 7th Street, Bloomington, IN 47405

1-800-258-8146
(Toll-Free Number)

❑ **Check #** _____

❑ **Money Order #** _____

❑ **Card Number** _____
(Only MasterCard and Visa accepted)

Signature: _____ Exp. Date: _____

❑ **Bill us** (institutional purchase orders only).

Purchase Order # _____

Please fill out the section below

(To help us expedite your order please fill out completely.)

1.) School: ❑ Elementary ❑ Middle ❑ Junior High ❑ Senior High ❑ Homeschool

2.) How is your school or agency classified? ❑ Public ❑ Private

3.) What is your school's approximate enrollment? _____

4.) How many students were tested? Males _____ Females _____

5.) How many qualified for each award?

	Presidential	National	Participant	HFA
Male	_____	_____	_____	_____
Female	_____	_____	_____	_____

6.) How many students with disabilities were tested? _____

How many students with disabilities qualified for each award?

Presidential _____
National _____
Participant _____
HFA _____

7.) Does your School District require you to use The President's Challenge testing program? ❑ Yes ❑ No

8.) How did you learn about the program? (Please check ONE)

a) Direct Mail ❑
b) Contact by Phone ❑
c) Media:
TV ❑
Newspaper ❑
Magazine ❑
d) National Convention ❑
e) Fellow teacher or administrator ❑
f) Professional association ❑
g) World Wide Web ❑
h) Other _____ ❑

9.) Are you a previous user? ❑ Yes ❑ No

If yes, how many years? _____

The 1997-98 President's Challenge Program Order Form

Presidential Award—85th Percentile and above on all test items.
National Award—50th through 84th Percentile on all test items.
Participant Award—Below the 50th Percentile on one or more of the test items.

Description	Unit Price	Quantity	Amount
Presidential Emblems:			
1st Year Presidential Emblem	(001) $1.25		
2nd Year Presidential Emblem	(002) $1.25		
3rd Year Presidential Emblem	(003) $1.25		
4th Year Presidential Emblem	(004) $1.25		
5th Year Presidential Emblem	(005) $1.25		
6th Year Presidential Emblem	(006) $1.25		
7th Year Presidential Emblem	(007) $1.25		
8th Year Presidential Emblem	(008) $1.25		
9th Year Presidential Emblem	(009) $1.25		
10th Year Presidential Emblem	(010) $1.25		
11th Year Presidential Emblem	(011) $1.25		
12th Year Presidential Emblem	(012) $1.25		
No Numeral Presidential Emblem	(013) $1.25		
Presidential Award Certificates	(014) *		
Presidential Award Certificates	(015) $ .50		
National Emblem	(020) $1.00		
National Award Certificates	(021) $ .20		
Participant Emblem	(022) $ .50		
Participant Certificate	(023) $ .20		
Health Fitness Emblem	(024) $1.00		
Health Fitness Certificate	(025) $ .20		
Presidential Physical Fitness Award Decals (set of 6)	(030) $ .75		
Program Pins	(031) $ .50		
Program Magnets	(032) $ .50		
Presidential Instructor Emblem	(040) $1.50		
Presidential Magnet	(041) $ .75		
National Magnet	(042) $ .75		
Presidential Bumper Sticker	(043) $ .25		
National Bumper Sticker	(044) $ .25		
Presidential Physical Fitness Slide Chart	(045) $3.00		
1997-98 Poster (22" x 17")	(050) $1.00		
Awards Wall Chart (16½" x 22¾")	(051) $1.00		

Sub-Total	
(+) Rush Charge (25% of Sub-Total or $25.00 whichever is greater)	
(+) Shipping & Handling	
Get Fit! Handbook (060) each: 1-99= $.75; 100+ = $.60	
(=) GRAND TOTAL	

Shipping & Handling:
(Foreign orders must be prepaid in U.S. currency.)

Less than $10.00	= $2.50
$10.00-$24.99	= $3.50
$25.00-$49.99	= $4.50
$50.00-$99.99	= $5.50
$100 or more	= 7% of subtotal

*With each Presidential Emblem order, you receive a free Presidential Award Certificate. If you need additional Presidential Certificates without a Presidential Emblem, they are available for $.50 each (see item "Presidential Award Certificates"–Code 015).

Please Note: Please allow 18 days from receipt of your order at our program office for delivery of your awards.

This form may be photocopied.

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The President's Challenge Program Awards Self-mailer

Order Checklist:

- ❑ Did you include payment or an Official Purchase Order?
- ❑ If you used MasterCard or Visa, did you include:
  - ❑ Card Number?
  - ❑ Expiration Date?
  - ❑ Signature?
- ❑ Did you complete the "Ship To:" and "Bill To:" sections of your order form?
- ❑ Did you complete the "Questionnaire" section of your order form?
- ❑ Did you **allow 18 days from receipt of your order at our program office for delivery of your awards**?

To utilize this form as a self-mailer, please fold in thirds with panel below facing out, affix postage, and seal with tape. If payment is made with a money order or check, please enclose Order Form and payment in an envelope.

PLACE STAMP HERE
The Post Office will not deliver mail without proper postage.

THE PRESIDENT'S CHALLENGE
Poplars Research Center
400 E. 7th Street
Bloomington, IN 47405

Entry Form
1997-98 State Champion Physical Fitness Award

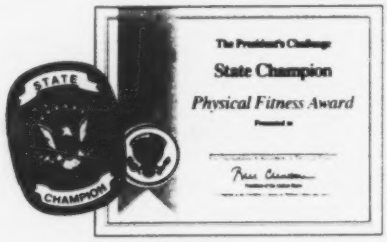
Complete the following information:

School name _____

Address _____

City _____ State _____ Zip _____

Type of School ❑ Elementary ❑ Jr. High ❑ Public
❑ Middle ❑ Sr. High ❑ Private



Deadline:
Entries must be postmarked by July 1, 1998.
No entries will be processed after this deadline.

Category
Circle one
I II III

A. Total Eligible Enrollment:* This figure must be the total number of pupils (male and female) ages 6 through 17 years enrolled in the school on May 9, 1998 or the last official day of school, if earlier.
**This includes any 6 year olds in kindergarten.*

Boys	Girls	Total

Enter figures here

B. Total Number Qualifying for Presidential Award: Number of pupils qualifying for the Presidential Physical Fitness Award during the 1997-98 school year.

Boys	Girls	Total

Enter figures here

C. Percentage: Divide Total Eligible Enrollment figure (**A**) into Total Number Qualifying (**B**)

$$\frac{B}{A} \times 100 = \%$$

Enter total % here

Official Certification Must be Completed to Enter the Competition
I certify that the pupils qualifying were tested in strict adherence to The President's Challenge test and did score at or above the 85th percentile on each of the test items. The boys' norms were used to qualify boys and the girls' norms to qualify girls.
I have attached the class composite record indicating the scores of those pupils who ranked at or above the 85th percentile on each test.

_____
Name of Physical Education Teacher or Dept. Chairperson (*Type or Print*)

Signature _____

I hereby certify that the above enrollment figure and number of students qualifying is correct.

_____
Name of Principal (*Type or Print*)

Signature _____

School Telephone Number (*including area code*) _____

This form may be photocopied

The State Champion Award is annually presented to three schools in each state, those in the following categories, with the largest percentage of their students qualifying for the Presidential Physical Fitness Award (individual scores of the 85th percentile or higher on The President's Challenge):

Category 1. Schools with 50-200 student enrollment*
Category 2. Schools with 201-500 student enrollment
Category 3. Schools with over 500 student enrollment

Only **Schools** will be considered for the State Champion Physical Fitness Award.
**no schools less than 50 students.*

AWARDS

Winning schools, in each of the three categories, will receive a distinctive award certificate, plus statewide—even nationwide, recognition for their outstanding achievement. Every student who helps their school win by qualifying for the Presidential Physical Fitness Award will receive an attractive embroidered State Champion Physical Fitness Award Emblem and a Student Certificate. Your school's participation in the State Champion program is encouraged.

TO ENTER

State Champion Physical Fitness Award Guidelines:

1.) Complete your President's Challenge testing for the 1997-98 school year.
2.) Complete the entry form for the 1997-98 State Champion Physical Fitness Award (located on this page).
3.) Complete the Class Composite Record indicating the scores of all youth tested at 85% or better (located on page 16). Note: This form may be photocopied.
4.) Include the Full Name and Complete Test Scores of each student who scored at or above the 85th percentile on the Class Composite Record.
5.) **Only entries on the Class Composite Record sheet will be considered for the State Champion Physical Fitness Award.**
6.) Entries must be postmarked no later than **July 1, 1998.**

To protect the integrity of the program, the State Champion Award Guidelines listed above must all be followed.

Mail this completed form along with your list of presidential winners to:

The President's Challenge
Poplars Research Center
400 E. 7th Street
Bloomington, IN 47405

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State Champion Physical Fitness Award
Class Composite Record for The President's Challenge

Name of School _____

Address _____ City/State/Zip _____
(Complete State Champion Physical Fitness Award Entry Form on reverse side of this form.)

For the 1997-98 school year, teachers may qualify students for The Presidential Physical Fitness Award using *only* The President's Challenge testing items and norms. Please record student's scores in the space provided below.

The President's Challenge
Test Scores Only

STUDENT NAME	AGE	SEX	CURL-UPS (# one minute)	PARTIAL* CURL-UPS (#)	SHUTTLE RUN (seconds)	V-SIT REACH (inches)	SIT AND REACH (centimeters)	ONE-MILE RUN (min:sec)	DISTANCE OPTION** (min:sec) 1/4 mile	(min:sec) 1/2 mile	PULL-UPS (#)	RT. ANGLE* PUSH-UPS (#)

Total number of Presidential Award Winners on page _____ A copy of this form should be sent to your State Department of Education by your school.

This form may be photocopied

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THE PRESIDENT'S CHALLENGE PHYSICAL FITNESS SCORECARD FOR THE ADMINISTRATOR

Name_____ School/Organization _____ Gender _____

Instructions: The Scorecard has been designed so that it may be copied onto heavy stock paper. If copied on both sides, this card will keep testing information for a student from age 6 through 17.

		TEST ___	TEST ___	TEST ___	TEST ___	TEST ___	TEST ___
The President's Challenge Events		Date Age Grade Ht. Wt.	Date Age Grade Ht. Wt.	Date Age Grade Ht. Wt.	Date Age Grade Ht. Wt.	Date Age Grade Ht. Wt.	Date Age Grade Ht. Wt.
1. Curl-ups (# of reps. within 1 min.) **or Partial Curl-ups (#)**	Raw score						
	Level	Pr N Pa	Pr N Pa	Pr N Pa	Pr N Pa	Pr N Pa	Pr N Pa
2. Shuttle Run (seconds xx.x)	Raw score						
	Level	Pr N Pa	Pr N Pa	Pr N Pa	Pr N Pa	Pr N Pa	Pr N Pa
3. V-sit (inches) **or Sit & Reach** (centimeters)	Raw score						
	Level	Pr N Pa	Pr N Pa	Pr N Pa	Pr N Pa	Pr N Pa	Pr N Pa
4. One mile run/walk or 1/4 mile 6-7 yr. old; 1/2 mile 8-9 yr. old (min:sec)	Raw score						
	Level	Pr N Pa	Pr N Pa	Pr N Pa	Pr N Pa	Pr N Pa	Pr N Pa
5. Pull-ups or Rt. Angle Push-ups (#) or Flexed-Arm Hang (sec)	Raw score						
	Level	Pr N Pa	Pr N Pa	Pr N Pa	Pr N Pa	Pr N Pa	Pr N Pa
AWARD EARNED (Check one & instructor sign)	**PRES**						
	NAT'L						
	PART						
COMMENTS							

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THE PRESIDENT'S CHALLENGE HEALTH FITNESS SCORECARD

FOR THE ADMINISTRATOR

Name_____ School/Organization _____ Gender _____

Instructions: The Scorecard has been designed so that it may be copied onto heavy stock paper. If copied on both sides, this card will keep testing information for a student from age 6 through 17.

The President's Challenge Health Fitness Events		TEST ___	TEST ___	TEST ___	TEST ___	TEST ___	TEST ___
		Date Age Grade Ht. Wt.	Date Age Grade Ht. Wt.	Date Age Grade Ht. Wt.	Date Age Grade Ht. Wt.	Date Age Grade Ht. Wt.	Date Age Grade Ht. Wt.
1. Partial Curl-ups (number)	Raw score						
	Level	HF	HF	HF	HF	HF	HF
2. One mile run/ walk or 1/4 mile 6-7 yr. old; 1/2 mile 8-9 yr. old (min:sec)	Raw score						
	Level	HF	HF	HF	HF	HF	HF
3. V-sit (inches) **or Sit & Reach** (centimeters)	Raw score						
	Level	HF	HF	HF	HF	HF	HF
4. Rt. angle push-ups or pull-ups (number)	Raw score						
	Level	HF	HF	HF	HF	HF	HF
5. BMI	Raw score						
	Level	HF	HF	HF	HF	HF	HF
AWARD EARNED (Check one & instructor sign)	HF						
COMMENTS							

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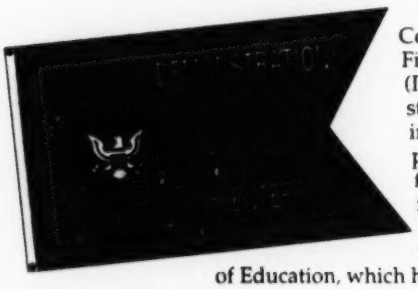
Physical Fitness Demonstration Centers



The President's Council on Physical Fitness and Sports (PCPFS) invites all states to participate in the cooperative project. It aims to focus attention on individual schools, recognized by State Departments of Education, which have outstanding programs of physical education that contribute to students' physical fitness.

What is a Physical Fitness Demonstration Center?

- **A school—elementary or secondary—which has an outstanding program of physical education, emphasizing physical fitness.**
- **A school—whose pupils:**
  - participate in vigorous developmental conditioning activities
  - are instructed in healthful and safe living practices
  - are taught skills which will enhance fitness and leisure throughout their lives and increase their social and emotional competencies and self-confidence.
- **A school open to visitors—teachers, administrators, parents, and other interested persons—which provides:**
  - a sound fitness program in action
  - effective methodology and innovative practices
  - facts about curriculum, staff, scheduling, facilities and costs.
- **A school which is selected by its State Department of Education according to criteria developed in cooperation with the President's Council on Physical Fitness and Sports.**

Why Have Demonstration Centers?

- It motivates school officials, teachers and other interested persons to develop high-quality programs aimed at improving the health and fitness of school-age children and youth.
- To assist school personnel and the public to obtain first-hand information on sound and innovative procedures useful in improving their own schools.
- To recognize individual schools that have responded to contemporary needs for a fitness emphasis and for effective instruction in health and physical education.
- To spotlight youth fitness needs and call attention to strengthening school programs to meet these needs at the national, state and local level.

Who Selects the Demonstration Center?

- The State Department of Education selects and certifies schools which serve as Demonstration Centers. Each state determines its most effective administrative procedures for implementing the project within its own unique educational policies and standards.
- A State Coordinator of the PCPFS Demonstration Center project is named by the State Department of Education.
- The President's Council recommends that a *State Advisory Committee* be formed for this project or that an appropriate existing committee be used. Representation on this committee should include such organizations as the Governor's Council on Physical Fitness and Sports, State Board of Health, State Medical Society, State School Board Association, Elementary and Secondary Principals' Association, State Parent-Teacher Association and the State Association for Health, Physical Education, Recreation and Dance, plus representative citizens.

What Criteria are Used to Qualify Schools as Demonstration Centers?

- The Council recommends, as a minimum, that Demonstration Center Schools make provisions for:
  1. Periodic health appraisals for all students.
  2. Identification of physically underdeveloped pupils and a program to eliminate or alleviate their problems.
  3. Physical achievement tests at least twice a year to evaluate and motivate pupil progress.
  4. Opportunities for students to win the Presidential, National and Participant Physical Fitness Award or the New Health Fitness Award.
  5. A daily physical education period emphasizing physical fitness for all pupils.
  6. Community education on physical fitness in physical education through various public affairs activities.
  7. Visitations as necessary and appropriate to accommodate observers of the program.
- Individual states are expected to require additional criteria to assure that Demonstration Center Schools are representative of the best within their state, meaning high quality programs with strong emphasis on physical fitness.
- The following items appearing in the PCPFS Basic Beliefs Statement should also be used in the selection of centers:
  1. Required daily physical education programs are necessary for all pupils in grades K-12 in order to develop their physical fitness and sports skills.
  2. Medical authorities recommend regular vigorous exercise during school years, which is essential to development of healthy individuals.
  3. In order to enjoy a sport, master the necessary skills and participate safely, a person must be physically fit. The popular slogan,"Get Fit by Playing", should be, "Get Fit by Playing Safely."
  4. Within the educational context of physical education programs, students should develop knowledge of the effects of activities for conditioning as well as the relationship of activities to various aspects of health throughout life. Students should understand the basic elements of physiology of exercise and the value of participating in regular vigorous physical activities. The need to continue physical activities in adulthood should be stressed at an early age and throughout the school physical education experience. Knowledge, understanding and participation should result in the development

of desirable attitudes concerning the values of participation in regular vigorous physical activity.

5. Special physical education programs should be provided to pupils with orthopedic problems, obesity, perceptual motor problems and other health-related problems. Such students must be identified, along with those who may suffer from physical underdevelopment, malnutrition or inadequate coordination.
6. Physical education programs should be planned to include physiological fitness goals along with other educational aims to meet the developmental needs of children. Activities must be adapted to individual needs and capacities and be vigorous enough to increase energy utilization and heart rate significantly.
7. Physical education programs should include a core of developmental and conditioning activities appropriate for each grade level. Activities should be identified and stressed in progressive order. Demonstration standards for survival activities, particularly including swimming, should be established; periodic testing and training should be conducted to maintain students' physical competency.
8. Every pupil should have continuing supervision by a family physician and dentist, including periodic examinations and correction of remediable defects. Through these resources, supplemented wherever necessary and feasible by school and community services, the health appraisal procedures include:
   a. Identification of pupils with correctable orthopedic defects and other health problems and subsequent referral to medical authorities.
   b. A posture check, including foot examination; pupils with acute problems should be referred to medical authorities.
   c. Height and weight measurements, interpreted in terms of individual needs; pupils who are obviously obese, underweight or malnourished should be identified and referred to medical authorities.

What Recognition is Given to Demonstration Centers?

- Recognition awards in the form of a certificate and a pennant for each Demonstration Center are furnished by the President's Council on Physical Fitness and Sports at the time of certification. The pennant may be flown on the school's flagpole or displayed inside the school during the time it serves as a Demonstration Center. Both the certificate and pennant are sent directly to the State Director for distribution to the schools.
- The Council recommends that some appropriate ceremony be arranged for presenting the school with the pennant or the certificate. Involvement of the Governor's Council on Physical Fitness and Sports and other related organizations and individuals is suggested.
- The Co-Chairs of the President's Council on Physical Fitness and Sports send a letter of congratulations to the school principal soon after the school is certified.
- The Council maintains a list of Demonstration Centers. Individuals requesting information about school physical education programs from the PCPFS are informed about the Demonstration Centers in their area and encouraged to visit.
- Council staff members will visit the Demonstration Centers when possible.
- An annual report on the Demonstration Center project is prepared by the PCPFS and included in its report to the President.

What is an Honor Roll School?

In order to distribute recognition and provide opportunity for more schools to qualify, a school may serve as a Demonstration Center for no more than three years. The Council encourages those schools which have attained the high level that characterizes Demonstration Centers to maintain quality physical education programs.

Schools that have served as Demonstration Centers for three years and still meet all Council and State criteria may be recommended for the PCPFS *Honor Roll*. These recommendations are made by the State Coordinator and the state committee also. These schools receive a certificate from the PCPFS and are listed as *Honor Roll* schools.

What Procedures Should be Followed by States to Establish Demonstration Centers?

- The State Department of Education staff member primarily in charge of physical education programs accepts the responsibility as State Coordinator of the PCPFS Demonstration Center project.
- The Coordinator establishes an Advisory Committee.
- The Coordinator and the committee determine the state's criteria for selecting Demonstration Centers, and send this information to the Council for acceptance.
- The project is publicized to school officials. Schools are encouraged to apply.
- The Coordinator, and, if feasible, a visitation team visit each school being considered to determine whether the program meets established criteria.
- Upon qualifying as a Demonstration Center school, the State Coordinator and the school principal are responsible for completion of the PCPFS Demonstration Center or Honor Roll school application and the *Certification of Demonstration Center School* form. The coordinator sends one certification form and the application for each individual school to the PCPFS.
- The Coordinator receives the pennants and certificates from the PCPFS and distributes them to the schools.
- During the school year, the State Coordinator maintains contact with Demonstration Centers and visits them when possible. He seeks various opportunities to inform the public about the project and encourages interested persons to visit the centers. The Coordinator works with colleagues in the State Department of Education and in colleges and universities to maximize the values inherent in the Demonstration Center project.

President's Council on Physical Fitness and Sports
200 Independence Avenue, SW, Room 738H
Washington, DC 20201
General PCPFS line: 202-690-9000
Fax: 202-690-5211

A list of state Demonstration Centers and Honor Roll Schools is available on the President's Challenge web site. WE ENCOURAGE ALL STATES TO APPLY.

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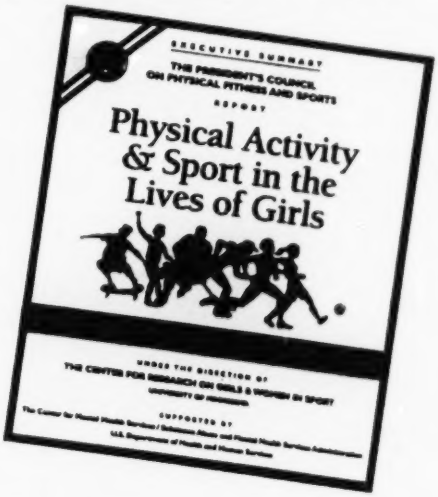
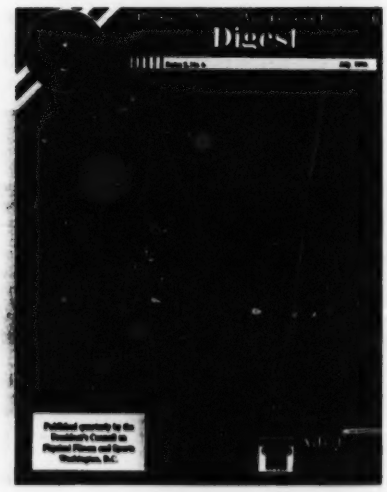
Additional Resources

Guidelines for School and Community Programs to Promote Lifelong Physical Activity Among Young People urges schools, parents and communities to promote physical activity programs for young people that will lead to lifelong benefits. Copies of the guidelines can be downloaded from the Internet at http:www.cdc.gov. (On the CDC home page, click on MMWR, select Recommendations and Reports, and then select March 7, 1997.)

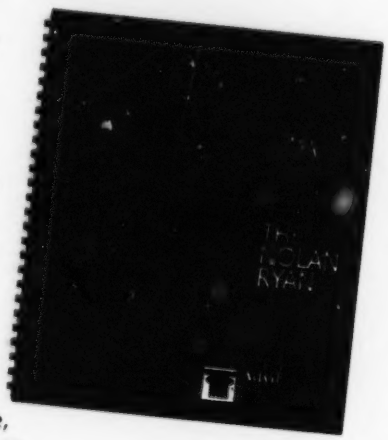
Physical Activity & Sport in the Lives of Girls, a report of the President's Council on Physical Fitness and Sports, examines the impact of sports on all aspects of a girl's health. A complete version of this report can be found on the Internet at http://www.kls.coled.umn.edu/crgws/pcpfs/pcpfs.html or by calling 1-800-790-2647.


EXECUTIVE SUMMARY
THE PRESIDENT'S COUNCIL ON PHYSICAL FITNESS AND SPORTS
REPORT
Physical Activity & Sport in the Lives of Girls

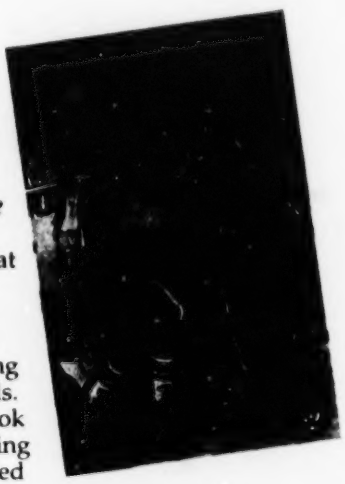


The PCPFS Research Digest synthesizes scientific information on a specific topic and presents it in lay terms to the professionals in the field. Published quarterly, this PCPFS publication can now be downloaded from the President's Challenge website.

The Nolan Ryan Fitness Guide, sponsored by the President's Council on Physical Fitness and Sports in conjunction with the Advil® Forum on Health Education™, is designed to help individuals of all ages get started on the road to a healthier lifestyle through fitness. Copies may be obtained free of charge by writing to Nolan Ryan Fitness Guide, 1500 Broadway—25th Floor, New York, NY 10036.



Get Fit! A Handbook for Youth Ages 6-17: How to get in shape to meet The President's Challenge is a unique booklet designed for youth that teaches them about physical fitness, outlines all of the events, gives tips on improving and includes standards. Copies of this handbook can be obtained by using the order form provided on page 13 of this brochure.



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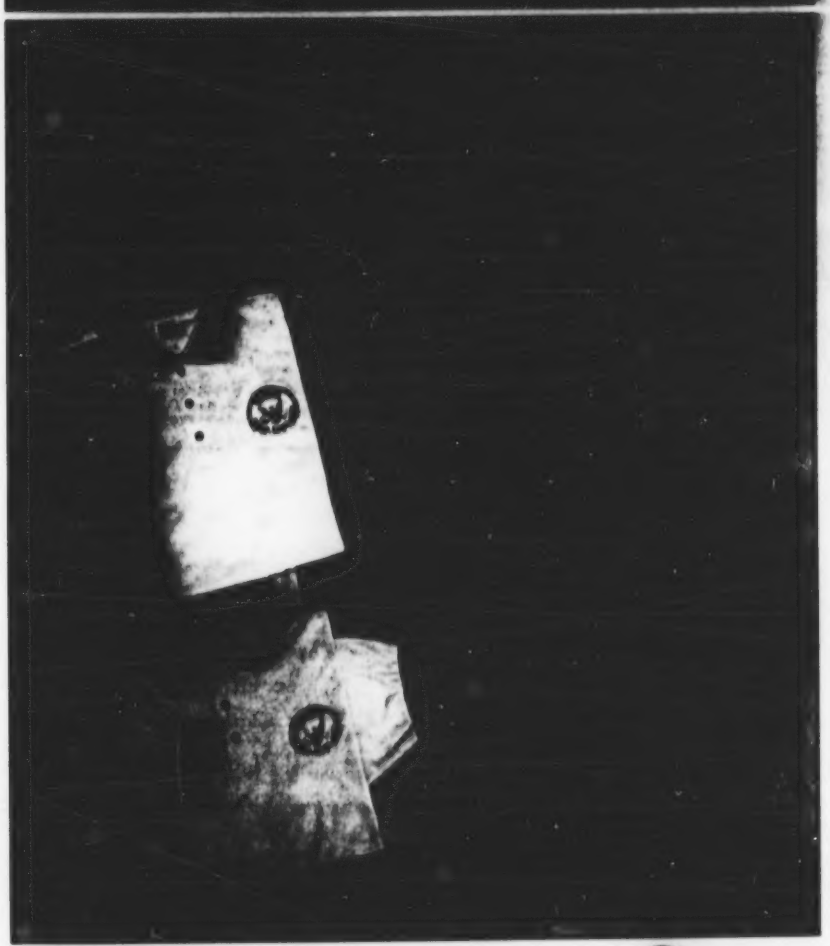
President's Challenge Program

★ ★ ★ ★ Official Instructor - Sportswear Collection ★ ★ ★ ★



ALL NEW ITEMS

A DENIM SHIRT – 100% cotton stone-washed denim shirt with button-down collar, horn buttons, chest patch pockets and buttoning sleeve placket and cuff.
Sizes Medium - 2XL. Denim **#5852748.**
$34.95 each.

B BRISTOL CAP – Sanded 100% cotton fineline twill with six-panel crown and adjustable plastic size tab.
Navy **#5852760** or Spruce **#5852778.**
$8.40 each.

C LINKS GOLF SHIRT – 100% combed cotton pique knit shirt with vertical panel and colorblocked styling. Relaxed golf fit and vented tail.
Sizes Medium - 2XL. Natural/Cranberry/Navy **#5852720.**
$30.80 each.

D IMPERIAL GOLF SHIRT – Narrow vertical herringbone stripe knit of 100% combed cotton. Color accented jacquard trim on collar and cuffs. Relaxed golf fit.
Sizes Medium - 2XL. Natural/Navy **#5852730.**
$30.80 each.

E CAMDEN JACKET– 100% cotton sanded fineline twill shell with nylon lining, hand warmer pockets and coordinating striped rib trim. Soft to the touch with lots of room to maneuver.
Sizes Medium - 2XL. Navy/Tan **#5852700** or Spruce/Black **#5852710.**
$39.95 each.

MADE IN USA

The 1997/98 President's Challenge Program Offers:

- Many New Fashion Choices
- Direct Embroidery
- Professional Service
- Immediate Response

NOTE:
Only those persons utilizing the President's Challenge Program are authorized to wear the Presidential Instructor emblem.

For all APPAREL orders
Call
MAS, Inc.
1-800-648-1414
8:00 a.m. - 5:00 p.m. EST

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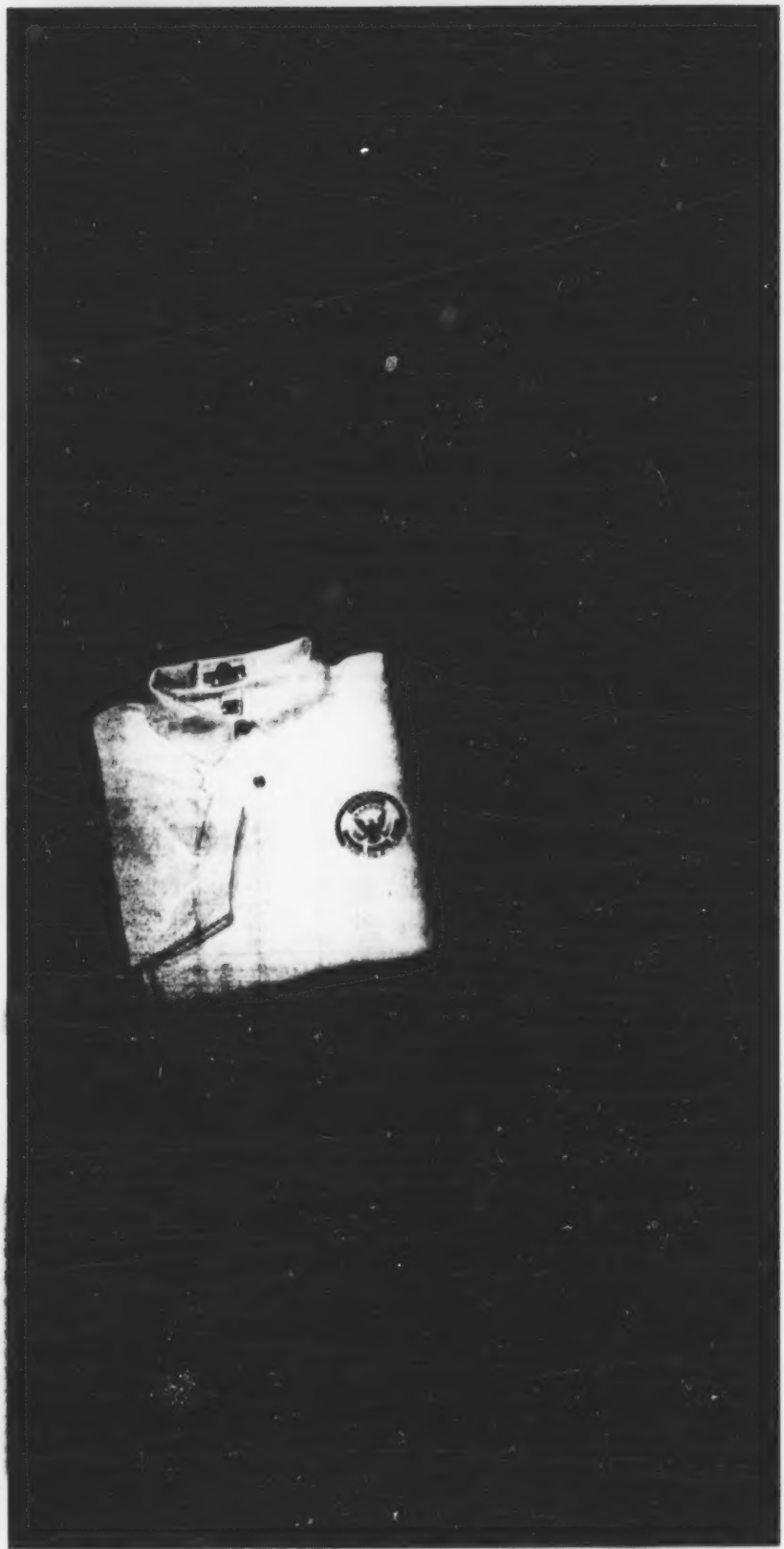
President's Challenge Program



NEW ITEM

I PINEHURST CAP – Pro quality golf cap made of 7 ounce twill. Seamless front, matching cord decoration, self fabric adjustable back closure with brass clip. Navy **#5852750**
$8.95 each.

G CREWNECK SWEATER – 100% preshrunk combed cotton, heavyweight jersey knit, ribbed crewneck, elasticized ribbed cuffs and waistband.
Sizes Medium - 2XL. Navy **#5852400**
$39.95 each.

H TOURNAMENT PULLOVER – Packable windshirt combines pro-shop styling with the weather protection of a lightweight pullover. 100% DuPont Taslan® nylon with crew collar, rib knit cuffs and an oversized fit.
Sizes Medium - 2XL. Navy **#5852200** or Red **#5852300**
$27.60 each.

L VIRGINIA GOLF SHIRT – A premium knit shirt made of 100% combed cotton pique knit with a 3-button placket and matching knit collar and cuffs. Relaxed golf fit.
Sizes Medium - 2XL. White **#5850400** or Navy **#5850500**
$25.50 each.

J HEAVYWEIGHT SWEATSHIRT – Heavyweight 9 ounce sweatshirt is preshrunk with set-in sleeve. Made of 90% cotton/10% polyester.
Sizes Medium -2XL. Navy **#5851200**. $16.00 each or
Ash **#5851100**. $15.10 each.

MADE IN USA

Apparel Orders can also be faxed to MAS, Inc. at 1-216-659-0928
Faxed orders require VISA or MasterCard or American Express number or copy of Purchase Order.

NOTE:
Only those persons utilizing the President's Challenge Program are authorized to wear the Presidential Instructor emblem.

For all APPAREL orders Call MAS, Inc. 1-800-648-1414
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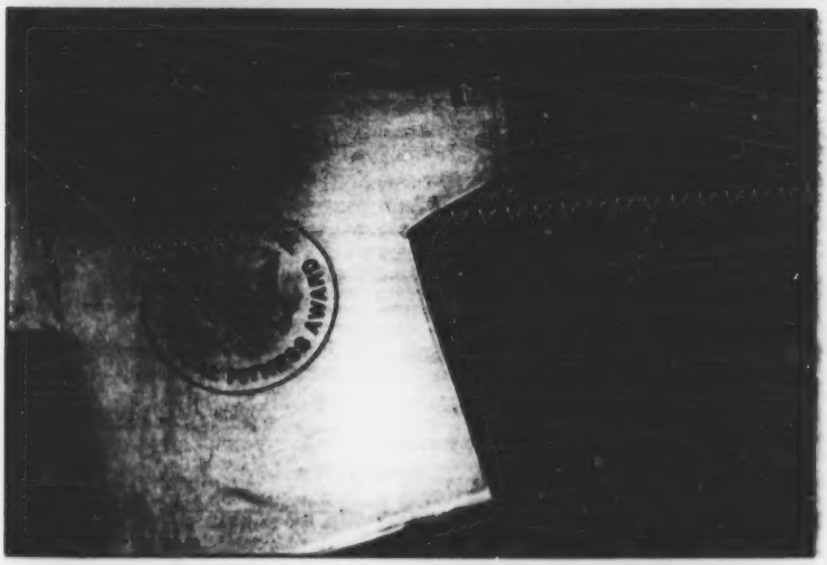
President's Challenge Program

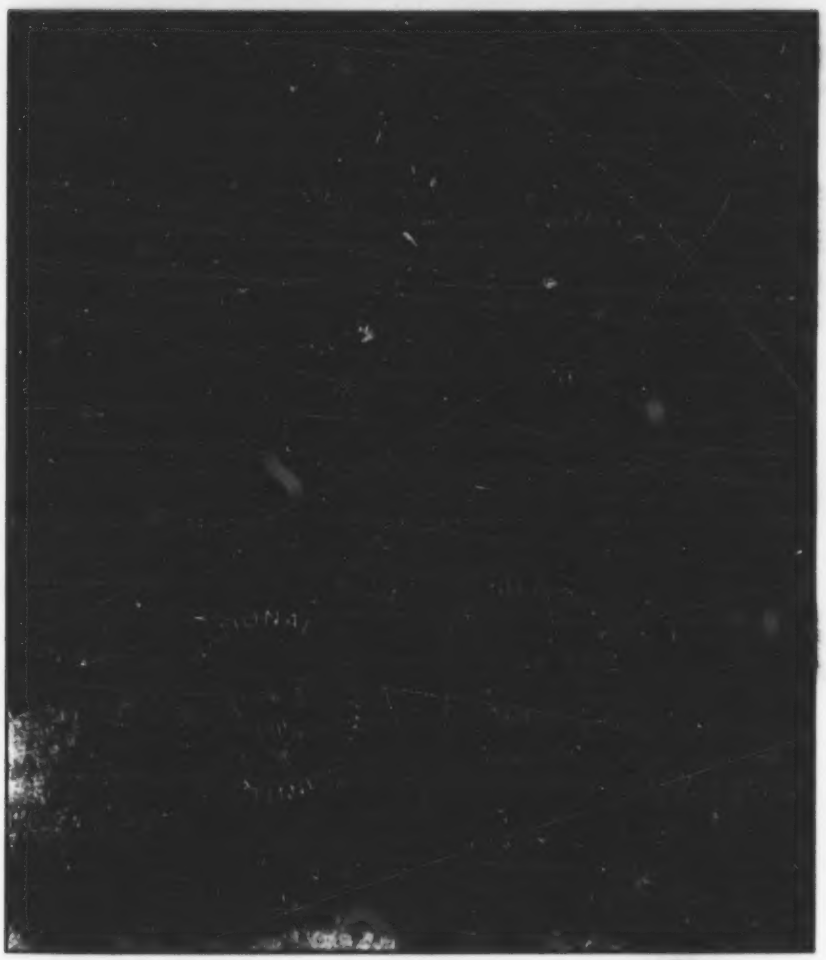


INSTRUCTOR TEE SHIRT – 7 ounce, 100% preshrunk SuperCotton™ tee shirt with seamless crewneck, ribbed collar and oversized fit.
Sizes Medium - 2XL. Navy **#5851300** or White **#5851400**.
$10.95 each.

PASTIME CAP – Poly/cotton twill cap with six panel crown, contrasting visor, button and eyelets, adjustable plastic size tab.
Navy/Red **#5852100**.
$8.40 each.

MADE IN USA

Official Student Award Tee Shirts



PRESIDENTIAL PHYSICAL FITNESS AWARD TEE – 5.5 ounce, 100% preshrunk cotton tee shirt with taped crewneck. Royal blue.
Youth Medium - Large **#5851500** or Adult Small - 2XL **#5851600**.

NATIONAL PHYSICAL FITNESS AWARD TEE – 5.5 ounce, 100% preshrunk cotton tee shirt with taped crewneck. Red. Youth Medium - Large **#5851700** or Adult Small - 2XL **#5851800**.

MADE IN USA

PRICING				
Quantity	**1-11**	**12-23**	**24-143**	**144+**
Youth M-L	7.35	6.60	6.10	5.75
Adult S-2XL	8.50	7.75	7.25	6.90

Size Chart	**S**	**M**	**L**	**XL**	**XXL**
Mens	34-36	38-40	42-44	46-48	50
Womens (Bust)	34-36	38-40	42-44	N/A	N/A
Womens (Blouse)	10-12	14-16	18-20	N/A	N/A
Youth	N/A	10-12	14-16	N/A	N/A

For all APPAREL orders
Call
MAS, Inc.
1-800-648-1414
8:00 a.m. - 5:00 p.m. EST

PRESIDENT'S CHALLENGE PROGRAM
INSTRUCTOR'S APPAREL ORDER FORM

(Use this form to order sportswear only)

BILL TO:
School: _____
Attn: _____
Address: _____
City: _____ State: _____ Zip: _____
Daytime Phone: (_____) _____

SHIP TO:
School: _____
Attn: _____
Address: _____
City: _____ State: _____ Zip: _____
Daytime Phone: (_____) _____

Stock #	Description	Color	Indicate Quantity by Size S	M	L	XL	2XL	Total Qty	Price	TOTAL
5852740	Denim Shirt	Denim							34.95	
5852720	Links Golf Shirt	Natural&Cran&Navy							30.80	
5852730	Imperial Golf Shirt	Natural & Navy							30.80	
5852700	Camden Jacket	Navy & Tan							39.95	
5852710	Camden Jacket	Spruce & Black							39.95	
5852400	Crewneck Sweater	Navy							39.95	
5850400	Insignia Golf Shirt	White							25.50	
5850500	Insignia Golf Shirt	Navy							25.50	
5851200	Heavyweight Sweatshirt	Navy							16.00	
5851100	Heavyweight Sweatshirt	Ash							15.10	
5852200	Tournament Pullover	Navy							27.60	
5852300	Tournament Pullover	Red							27.60	
5851300	Supercotton Tee Shirt	Navy							10.95	
5851400	Supercotton Tee Shirt	White							10.95	
5852760	Bristol Cap	Navy	One Size Fits 6-7/8 to 7-1/2						8.40	
5852770	Bristol Cap	Spruce							8.40	
5852750	Pinehurst Cap	Navy							8.95	
5852100	Pastime Cap	Navy & Red							8.40	

			S	M	L	XL	2XL	Total Qty	1-11	12-23	24-143	144+	
5851600	Adult Presidential Award Tee	Royal Blue							8.50	7.75	7.25	6.90	
5851500	Youth Presidential Award Tee	Royal Blue							7.35	6.60	6.10	5.75	
5851800	Adult National Award Tee	Red							8.50	7.75	7.25	6.90	
5851700	Youth National Award Tee	Red							7.35	6.60	6.10	5.75	

Shipping & Handling Chart

1) **UPS Ground Shipments:** Covers all handling and postage or delivery charges for all destinations in the continental USA.

Order Amount	Charge
0.00-10.00	5.50
10.01-20.00	6.50
20.01-30.00	7.00
30.01-40.00	7.50
40.01-50.00	8.00
50.01-75.00	8.50
75.01-100.00	9.00
100.01-150.00	10.00
150.01-200.00	12.00
200.01-300.00	14.00
300.01-400.00	16.00
400.01-500.00	20.00
500.01-600.00	25.00
600.01-700.00	29.00

For each $100 or fraction thereof above $700, add $5 to the $29.

2) **UPS Air Shipments:** Next day or 2nd day air shipments in the United States (includes Hawaii and Alaska)
Freight: Will be billed as actual. If a firm quote is needed, you may inquire by calling 1-800-648-1414.
Handling:

Order Amount	Charge
0.00-250.00	4.00
250.01-500.00	6.00
500.01-1000.00	8.00

For each $500 or fraction thereof above $1000, add $2 to the $8.

Sub-Total _____

Shipping & Handling (See Chart) _____

Sales Tax—Ohio residents add 5.75% _____

TOTAL $ _____

[redacted] WEEKS FOR DELIVERY

Method of Payment **Sorry, no COD Orders**

Check one:
☐ Cash Order - Check or money order enclosed, payable to MAS, Inc.
☐ Visa ☐ MasterCard ☐ American Express

Card # ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Expiration Date: ☐☐ \ ☐☐

Signature on card: _____

Schools and School Districts Only

Open account billing available for Schools and School Districts only.
Terms: Net 30 days.
SIGNED PURCHASE ORDER AND NAME OF CONTACT PERSON AT SCHOOL MUST ACCOMPANY THIS ORDER FORM.

Official President's Challenge Apparel Self-mailer

To utilize this form as a self-mailer, please fold in thirds with panel below facing out, affix postage, and seal with tape.
If payment is made with a money order or check, please enclose Order Form and payment in an envelope.

_____

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Get off it

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YOUTH FITNESS FACTS

- Only about one-half of U.S. young people (ages 12-21) regularly participate in vigorous physical activity. One-fourth report no vigorous physical activity.
- Participation in all types of physical activity declines strikingly as age or grade in school increases.
- The number of seriously overweight children and adolescents in the U.S. has more than doubled in the past three decades, with most of the increase occurring since 1980.
- Enrollment in daily physical education by high school students has decreased from 42 percent in 1991 to 25 percent in 1995.

Sources: *notes 1, 2, and 4 Physical Activity and Health, a report of the U. S. Surgeon General, 1996. Note 3 National Health and Nutrition Examination Survey, 1995.*

THE PRESIDENT'S COUNCIL
ON PHYSICAL FITNESS
AND SPORTS

Dear Physical Educator:

Since it was established in 1956, the President's Council on Physical Fitness and Sports has placed a priority on youth fitness. Our largest and longest-running program, The President's Challenge Physical Fitness Awards Program, is a great way to teach your students the basic components of fitness and measure their strength, endurance, and flexibility. At the same time, they can earn presidential recognition for their achievements.

This year's President's Challenge offers teachers more options by including alternative activities such as right angle push-ups and partial curl-ups. We've also added a fourth award to insure that each student has the chance to succeed, regardless of individual ability or special need.

Our Youth Fitness Campaign began in February with the release of a humorous public service advertisement that encourages young people to "Get Off It." The look and tone of the ad is different than what you might expect from the federal government. We deliver our important message — that being physically active is cool and fun — in a voice that today's youth can appreciate and to which they will respond.

We ask you to help us in our efforts to improve the physical fitness and health status of our nation's youth by encouraging your students to "Get Off It" and take the President's Challenge!

Sincerely,

Florence Griffith Joyner
Co-Chair

Tom McMillen
Co-Chair

Sandra Perlmutter
Executive Director

701 Pennsylvania Avenue, N.W. • Suite 250 • Washington, DC 20004-2608
Phone 202.272.3421 • Fax 202.504.2064

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Get off it

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